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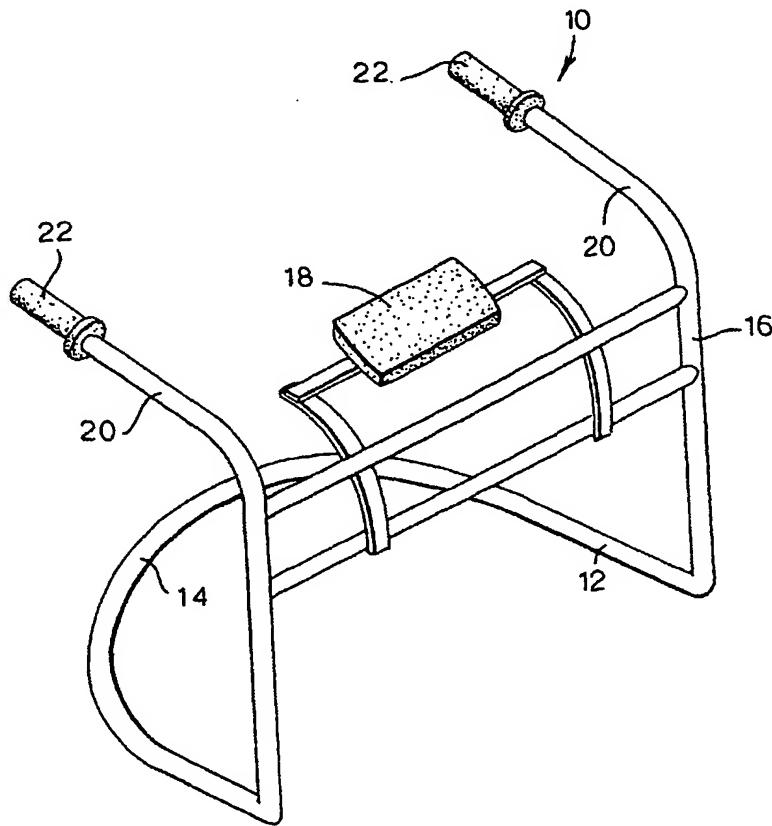
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(54) Title: EXERCISING DEVICE FOR ABDOMINAL MUSCLES



(57) Abstract: The invention provides a free-standing portable exercise device (10) for executing push-ups in an inclined standing position and for simultaneously exercising the abdominal muscles of the user, the device (10) having a base (12), two elevated spaced-apart handles (22) supported by a structure above the base (16), and a spring-biased pad (18) supported by the structure and being positioned between the handles (22) to be contacted by the abdomen of an exercising user, the pad (18) being spring-loaded upwards and moving in an angular forward-downward direction when pressed upon by the abdomen of an exercising user.



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